



STAMP OUT SKIN CANCER

Your skin is your body's largest organ. It protects your body against heat, light, injury and infection. In addition, it helps regulate body temperature, stores water and fat, and produces vitamin D. That being said, keeping your skin healthy is extremely important.

Currently, skin cancer is the most common form of cancer in the U.S. with over 3.5 million cases diagnosed annually. The 3 types of skin cancer that can compromise the health of your skin include basal cell carcinoma, squamous cell carcinoma and melanoma.

Luckily, preventative measures can be taken to avoid the development of skin cancer.

Reduce exposure to ultraviolet (UV) radiation. Ultraviolet radiation is a stream of invisible high-energy rays emitted from the sun. Exposure to UV radiation can cause skin damage and is linked to skin cancer. Protect your skin by:

- Avoiding outdoor activities between 11 a.m. and 3 p.m.
- Wearing protective clothing (i.e. long sleeves, hats, sunglasses, etc.).
- Applying sunscreen daily. Fortunately, most foundations and lip balms contain SPF 15 or higher so you are probably already prepared.

Steer clear of artificial sun sources. Tanning booths and sun lamps also produce ultraviolet radiation. To avoid these dangerous rays without necessarily sacrificing your bronze look, adapt your lifestyle accordingly:

- Opt for a mystic or spray tan at your local tanning salon.
- Pick up a bottle of self tanning lotion or spray from your local drugstore. Most skincare brands carry tanning products.

Protect your skin when vacationing at the beach. While it seems like a no-brainer, many individuals do not take the proper precautions before hitting the sand. The winning combination for full sun protection includes:

- Water-repellent SPF 45 or higher is your best bet; however, water-repellent sunscreens are ineffective after long periods of water exposure so it is important to reapply after swimming.
- An umbrella arranged to ensure maximum protection from the sun. The umbrella will shield you from the majority of the sunlight.
- Wearing a wide-brimmed hat and shades to protect your face from sun damage.
- Applying a liberal amount of moisturizer before and after going down to the beach to protect your skin over the long term. A good moisturizer can counteract the damaging effects of UV rays on your skin when used during each trip.

DON'T FORGET TO STRETCH!